

2017 RUN ELEVATED RUNNERS' GUIDE:

Welcome to the 2017 RUN ELEVATED HALF MARATHON! We are excited for this event and hope you are, too!
Please read the following important information about packet pick-up and race day:

PACKET PICK-UP: Packet pick-up will be Friday, August 18, 2017 from 10:00am-8:00pm at Wasatch Running Center (8946 S State St, Sandy, UT 84070). If you are not able to pick up your own packet, someone else can pick it up for you, but they will need a copy of your ID. There will be no packet pick-up on race day!!

PARKING: Please see the included map for available race-day parking. Please be respectful and park only in the designated stalls at each location!

BUSES: Buses will load in the parking lot of Alta Canyon Sports Center (9565 S Highland Dr) starting at 5:00am. The last bus will leave at 5:15am. There is only one wave of buses going to the start line. Once the last bus enters Little Cottonwood Canyon, the canyon will be closed! This means if you miss the last bus, there will not be an opportunity to get to the start line. Please do not miss the bus!

BIBS: Your timing chip is attached to your race bib. Do not bend the timing chip! In order to make sure your time is accurate, your bib must be worn on the FRONT of you SHIRT! If your bib is worn incorrectly (on your back, on your leg, etc.), your timing chip will not read correctly and your results may not be accurate.

STARTING AREA: The race will start at the top of the canyon, near Alta Ski Resort. Temperatures at the start line will be cold! There will be no heat source at the start line, so please dress warm! You will be able to drop your warm clothes at the bag drop before the race starts.

BAG DROP: If you plan to drop anything before the race starts, please make sure it is contained in some kind of bag that can close. We will provide you with a bag at packet pick-up that will be ideal for you to use to drop your belongings. It will already be marked with your name and bib number and the draw strings will tie nicely to make sure nothing falls out. The bag drop truck will leave the starting line at 6:20am. If you wish to hang on to your warm clothes after the start of the race, please drop them at an aid station! Clothing dropped at aid stations should also be contained in a bag or labeled with your name and bib number. Clothing dropped at aid stations will not be available until later in the morning.

Please do not place valuables in your bag. We will not be responsible for lost or broken items left in your clothing drop bag. If you choose to use your own bag instead of the bag we give you at packet pick-up, please make sure it is marked clearly with your name and bib number. After race day, dropped clothing and/or belongings can be picked up at Alta Canyon Sports Center, during regular business hours, until August 28. Any clothing and/or belongings left at the center will be donated on August 29.

AID STATIONS: Aid stations will be located at mile 3, 5, 7, 9, 11, and 12. Gatorade and water will be available at each aid station. Gu Energy Gels will be provided at the mile 5 and mile 9 aid stations.

RESTROOMS: Portable restrooms provided by Honey Bucket will be available at the start and finish lines, as well as each aid station. Little Cottonwood Canyon is a protected watershed area. "Using the bushes" is illegal. Individuals caught using the bushes will be disqualified from the race and will be escorted down the canyon in the relief vehicle. Please use the restrooms provided.

CANYON TIME LIMIT: Little Cottonwood Canyon will be closed to traffic until 8:15am. Runners will have 1 hour 45 minutes to clear the canyon. If runners are unable to reach Wasatch Blvd (9.5 miles) in that time limit (approx. 11:03 pace), they will be picked up in a relief van and taken to the finish line. Once runners have reached Wasatch Blvd, there will be no time restrictions to complete the rest of the race.

RUNNER SAFETY/EMERGENCY AND EVENT VEHICLES: Little Cottonwood Canyon will be closed to traffic. However, we will still need to have emergency and event vehicles on the route. Please be aware of your surroundings, watch out for vehicles on the road, and obey all instructions on the course.

MEDICAL ASSISTANCE: The Sandy Fire Department and some folks from Alta View Hospital will be available to provide medical assistance. They will be located at aid stations and at the finish line.

VOLUNTEERS: Please be kind and courteous to all the race volunteers and take the opportunity to say thank you. We wouldn't be able to run this race without them!

RUNNERCARDS: Runnercard is the company timing our race. When you finish the race, they will have a Runnercard available for you. Your card will show your name, your finish time, your place in your division, and your place overall.

FINISHERS MEDALS: Every participant will receive a 2016 Run Elevated finisher's medal.

AWARDS: Division awards will be based on the results on your Runnercard. If your card says you were first, second, or third place in your age group, please visit our awards table (located in the Runners Only Area) to claim your medal. We will also have an additional prize, provided by Wasatch Running Center, for the first, second, and third place overall males and females.

FINISH LINE: Invite your family and friends to come cheer you on through the finish line! While they are waiting, kids can play on the playground. The Alta Canyon snack bar will be open and offering all kinds of food and drink. After an incredible 13.1 mile run, come cool off at the swimming pool at Alta Canyon Sports Center! You and 4 friends/family are invited to come swim for free from 12:00-8:00pm on August 19, 2017. Just bring in your ID so we can verify you are on the participation list.

RUNNERS ONLY AREA: The tennis courts at Alta Canyon will be the Runners Only Area. We will have food, drink, and your drop bag available in this area. You will only be allowed in this area if you have a bib number on. Please do not bring your friends and family into this area. We want to make sure we have enough treats for all the finishers!

SPECTATORS: If your friends or family would like to see you on the course, the best option will be the intersection of 9600 S and Wasatch Blvd. They will need to find their own parking (obeying all posted signs). After they see you cross the intersection and head down Wasatch Blvd, they can drive down 9600 S to Alta Canyon without running into the race course.

DISTANCE CERTIFICATION: The course has been certified by USA Track and Field (Certification #UT13011GAN). This means you cannot run the course and run less than 13.1 miles. You can, however, run more than 13.1 miles. When the course was measured, it was measured using the "shortest possible distance" (example pictured below). Please keep this in mind as you run down the curvy canyon road.



2017 RUN ELEVATED PARKING

Participants and spectators may park in areas labeled "Race Parking." Buses will load in the parking lot of Alta Canyon Sports Center. For your safety, please use designated cross walks to cross all streets!

